

How can I make a quantum leap this year in my training?

Turn off the darn television!

If you want to improve your skill level spend more time training and less watching TV. Just ask yourself how much time do you waste each week watch TV or other unhealthy time wasting activates like video games.

Ask yourself don't I feel better after some good physical activity? I know I always do.

One sure way to get your energy level up, feel better, clear your mind and get on the road to improved health and well being is to get active!

Kill the TV and quit other unhealthy time wasting activates. Spend more time thinking and even more time doing and your skill level will improve dramatically and you will feel better and think more clearly.

Invest just 3 hours a week in yourself and you will see great results in no time!